



# **Answers to questions you and your prostate might have.**

Prostate cancer will kill more than 30,000 men in the United States this year, and more than 230,000 new cases will be discovered. It's the second-leading cause of cancer death among men. And often there are no warning signs or symptoms. In other words, it's serious.

**If you are 40 years or older, contact your physician about a prostate cancer screening.**



**ucan**  
Utah Cancer Action Network

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*Utah Department of Health Resource Line*

# Prostate fast facts

## Risk factors:

- **Age** – The older you are, the greater the risk
- **Race and/or Ethnicity** – It is more common among African-American men and is rising among Hispanic men
- **Family History** – Your risk is increased if your father, brother or son had Prostate cancer

## Ways to reduce your risk

- See your doctor regularly
- Don't smoke
- Eat a healthy diet
- Be physically active

**Screening Options:** Talk with your doctor about which one is right for you.

- **DRE (Digital Rectal Exam)** – a rectal exam used to feel for prostate gland irregularities
- **PSA (Prostate Specific Antigen)** – a small amount of blood is drawn from the arm
- **Combination of DRE and PSA**

**Potential Symptoms:** Most men with Prostate cancer have no symptoms. If symptoms appear they may include the following:

- Blood in the urine
- The urge to urinate frequently, especially at night
- Weak or interrupted urine flow
- Pain or burning during urination
- Inability to urinate
- Constant pain in the lower back, pelvis, or upper thighs